S O S, Our Lord God! S M S, My Redeemer Christ !

SAVE OUR SOULS, Our Lord God !
SAVE MY SOUL, My Redeemer Christ ! (1)

You God, who heals the sorrows of beings,
You Redeemer, who guides our lives,
Unto your Holy Spirit, we bow down with faith. (2)

Why did I get sorrow, O Redeemer?
Because you got this birth, O Soul! (3)

Why did I get this birth, O Redeemer?
What you sowed then, you reap now, O Soul! (4)

What all did I sow then, O Redeemer?
All that your intellect prompted you, O Soul! (5)

Why did my intellect prompt me to do so, O Redeemer?
Since pride clouded your intellect, O Soul! (6)

Why did pride cloud my intellect, O Redeemer?
Because your anger played a prime part, O Soul! (7)

Why do I get angry, off and on, O Redeemer?
Because you lose your faith in His creation, O Soul! (8)

Why did I lose my faith, O Redeemer?
Because ignorance overtook faith, O Soul! (9)

How can I get rid of ignorance, O Redeemer?
By praising God, and loving his creation , O Soul!
(10)

How can I remember God, O Redeemer?
Only by complete devotion to Him, O Soul! (11)

How can I get devotion to Him, O Redeemer?
By sacrificing all your desires, O Soul! (12)

How can I sacrifice desires, O Redeemer?
By keeping your mind pure, O Soul! (13)

To keep my mind pure, what shall I do, O Redeemer?
Keep your thoughts in God's path, O Soul! (14)

How can I keep thoughts on the right path, O Redeemer?
Hear Holy words and do good deeds, O Soul! (15)

How am I to hear Holy words and do good deeds, O Redeemer?
Keep company with those, who walk in God's ways, O Soul!
(16)

How can I get the company of good people, O Redeemer?
Worship the Holy Spirit by your mind, words, and deeds!
Always have good thoughts in your mind,
Always bring out good words from your mouth,
And always do good deeds for all His creation, O Soul!
(17)

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